

## Celebrity Buzz

**Palin on the chastity circuit**  
pg 22



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## Smokes spark fatal weekend blaze

**CIGARETTES** Careless use of smoking materials caused the fire that killed a man last weekend in his north end apartment, the Halifax fire department has confirmed.

"It was cigarettes, mainly," divisional Capt. Dave Meldrum said yesterday. "Smoking materials ignited the couch."

Firefighters rushed to the blaze inside the three-storey brick building at 3232 Isleville St. at about 1:20 a.m. Sunday. They entered Apt. 304 and found a man in his 50s dead on the couch, Meldrum said.

"The investigation into this fire is completed," he said.

Another tenant tried to rescue the man, but instead went to hospital with smoke inhalation, fire officials said earlier this week. No one else was injured in the fire.

METRO HALIFAX

Gift Guide pg 17

**Great ideas for mom**



Comment pg 8

When love's reality bites

Sports pg 10

Penguins chill Capitals

## Kids McHappy mayor



HRM Mayor Peter Kelly works the drive-thru at the Quinpool Road McDonald's yesterday for the 16th annual McHappy Day. McDonald's donated \$1 from every Big Mac, McMuffin or Happy Meal sold yesterday to Ronald McDonald House and other kids charities.

# School bomb scare

Students evacuated after teen says devices set to go off

KRISTEN LIPSCOMBE  
for Metro Halifax



Staff and students at Lockview High had a scare yesterday when a teenager claimed bombs would explode inside the school and he wanted to "change the world."

"Around 9:30 a.m. a young man came to the office," said Doug Hadley, Halifax regional school board spokesman. "He told the vice-principal he had planted a number of devices throughout the school; that they were set to go off."

Hadley said school administrators immediately

**"Around 9:30 a.m. a young man came to the office. He told the vice-principal he had planted a number of devices throughout the school."**

Doug Hadley, Halifax regional school board

evacuated the building and called police. After about 15 minutes of standing outside in the rain, students took shelter at nearby George P. Vanier Junior High and Ash Lee Jefferson Elementary.

The school board shut down Lockview for the day after the bomb threat to give students the chance "to get out of their wet clothes and get warm," he said.

Halifax RCMP spokesman Cpl. Joe Taplin said police responded to the call at 10 a.m. He said a police dog helped officers do "a thorough search of the building," but "no explosives were detected."

Police took a 19-year-old believed to be a student at the school into custody and transferred him to Dartmouth General Hospital

"for observation on the mental state of the threats," Taplin said. The teen could be charged with uttering threats.

Police believe the bomb threat is unrelated to other disruptive acts in the past week across HRM schools.

On Friday, police arrested 14 students after brawls broke out at Auburn Drive High. It was a similar scene Monday at neighbouring Cole Harbour District High, when police arrested three students for their alleged involvement in a series of fights. Tuesday there was a fight at Ross Road School in Westphal. In all cases the fire alarm was pulled.

## Cops seek suspect in Dartmouth shooting

PHILIP CROUCHER  
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**FIREARMS** Halifax Regional Police have one male in custody and, as of press time, were still searching for a second male suspect following a shooting in Dartmouth yesterday afternoon.

According to Staff Sgt. James Butler of HRP, two adult males were turning left from Jersey Drive to Portland Street in a blue Ford Escort when a gold-coloured old model vehicle came up next to them shortly before 5 p.m. and a man fired what is believed to be one shot, putting a bullet hole in the front door.

After speaking with the victims, Butler said police went to an apartment on Novawood Drive in Dartmouth to possibly locate the suspects, and received reports of four men outside the building armed with firearms.

When police arrived, four men were taken into custody and arrested for drug offences. Butler couldn't say if the cases were related.

Police then went into the building and arrested one of the suspects in the shooting from a residence. The second suspect wasn't there, and police were still searching for him late last evening.

## Incident

- Neither of the two shot at was hurt.
- Police said the victims knew the suspects.

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BEAUTY  
*at the Bay*



### Teachers union wants a conciliator appointed for stalled labour talks

The Nova Scotia Teachers Union, which represents 900 faculty and support staff at the Nova Scotia Community Colleges, is asking the Department of Labour to appoint a conciliator to assist in negotiations. The two sides have had 12 negotiation sessions since contract talks opened last June, the union says. **METRO HALIFAX**

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# Local



## Krall crooning at the Metro Centre

Diana Krall, left, will croon sweet nothings to the Halifax Metro Centre audience this Mother's Day Sunday at 8 p.m. Krall is on tour promoting her new album, *Quiet Nights*, and will perform in Halifax with members of Symphony Nova Scotia. Seats are still available and cost \$79.50 each. Visit [ticketatlantic.com](http://ticketatlantic.com) or phone 451-1221 to buy tickets.

METRO HALIFAX

# Job creation debate heats up

Each party has different view on best way to help businesses

PAUL MCLEOD  
paul.mcleod@metronews.ca

### Nova Scotia's political parties argued yesterday over their three distinct plans to kick-start job creation.

Premier Rodney MacDonald began his day at Ledwidge Lumber in Enfield to promote the oft-criticized Industrial Expansion Fund. Ledwidge went through the IEF to sell a parcel of land for \$1.2 million in bridge financing.

"It's important because what it does is it allows flexibility for us to deal with business," MacDonald said.

"You need that flexibility. You need those opportunities because every company is different."

MacDonald wants to continue the IEF and over several years drop the small business tax of five per cent in half. The Liberals are taking that plan a step further, vowing to reduce the



Premier Rodney MacDonald speaks to the media at a campaign news conference at Ledwidge Lumber in Enfield yesterday.

tax fully to one per cent.

That would cost roughly \$30 million, which would come directly out of the IEF. Both opposition parties have repeatedly condemned the IEF for a lack

of oversight, saying it's a way for politicians to give money to whomever they please.

"It picks winners and losers. In our view it doesn't treat all businesses equal-

ly," said Liberal Leader Stephen McNeil. "What we're saying to the business community is ... we're going to invest in each of you. We're going to allow you to keep those tax

dollars to reinvest and keep those jobs."

The cut would apply to the first \$400,000 of earnings, then revert back to the normal tax rate.

Both the NDP and Liberals want to reduce and alter the IEF. They say Nova Scotia Business Inc. is a better way to get money out the door.

But the NDP has its own plan for where the money should go instead. NDP Leader Darrell Dexter wants to set up a manufacturing and processing tax credit to give all businesses financial incentive to expand.

He said he's not opposed to lowering the small business tax but for now the tax credit makes more sense because it would create about 2,200 jobs.

"If you're not investing then you're doing. We're finding a way to support the private sector decision to invest in new technology, in new productivity measures," he said.

## Parties try to finalize candidates

PHILIP CROUCHER  
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**RIDINGS** It's become a last-minute scramble for the three major political parties to finalize their list of 52 candidates for the upcoming June 9 provincial election.

With an uncertain date around when the spring election would take place, or even if one would, the Progressive Conservatives, NDP and Liberals each still have to nominate several candidates around the province. The NDP has three ridings to fill, the Tories four, while the Liberals have candidates chosen in 43 of the province's 52 seats.

"I think you'll see them filling up pretty fast," said Glennie Langille, the communications co-chair for the Liberal campaign, who estimated her party would have all spots filled in the next few days.

"Some people, for completely practical reasons, they need to make that final decision (on whether to run) once the writ has been dropped."

The Tories have filled all of their ridings in the Halifax Regional Municipality, as have the NDP. The Liberals have three spots to fill in HRM (Halifax Needham, Halifax Fairview and Cole Harbour Eastern Shore).

## Election timing means many students could be left out

HILARY BEAUMONT  
for Metro Halifax

**SCHOOL** Nova Scotia's government has once again called a provincial election at a problematic time for some students, the executive director of the Alliance of Nova Scotia Student Associations said yesterday.

Mark Coffin pointed out the last two elections were held when most students were out of school — June 13, 2006 and Aug. 5, 2003. This new election will be held June 9, again when most students are done with school.

"It's a disturbing trend that we've picked up on that our government's continued to call elections when students are just on their way out of the province," Coffin said.

He identified two problems created by late spring/summertime provincial elections.

"About 30 per cent of the students in Nova Scotia are from out of province, so a lot of them have gone home for the summer," Coffin said.

**"About 30 per cent of the students in Nova Scotia are from out of province, so a lot of them have gone home for the summer."**

Mark Coffin, Alliance of Nova Scotia Student Associations

"But the decisions that are made in choosing their government will affect students pursuing post secondary education here."

"And then there are other students in Nova Scotia going to post secondary institutions here and many of those students go out of province to work."

Absentee ballots provided to out of province Nova Scotians are not as convenient, Coffin said. He suggested one possible solution — earlier legislative sessions.

## NSP boss backs NDP tax plan

PAUL MCLEOD  
paul.mcleod@metronews.ca

**ELECTRICITY** Nova Scotia Power President Rob Bennett took the step this week of endorsing an NDP campaign plank.

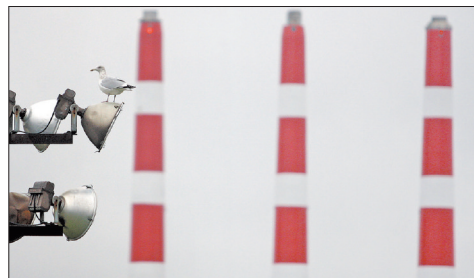
The NDP loudly opposed reinstating sales tax on electricity bills in last year's Progressive Conservative budget supported by the Liberals. They've been promising to remove it if elected.

In a conference call to analysts Monday, Bennett said removing the tax "would be helpful for our business."

Bennett clarified yesterday, saying he has no official position on any party's platform or tax scheme. But by then the Liberals had already accused New Democrats of crawling in bed with NSP.

But NDP Leader Darrell Dexter said yesterday it's just a matter of common sense.

"Mr. (Liberal Leader Stephen) McNeil and Mr. (Premier Rodney) MacDon-



A seagull rests on a ball field light standard as the Tufts Cove Generating Station smokestacks loom in the background in this file photo from November.

ald combined to impose that tax on every household in the province, and it has always baffled me why Mr. McNeil insists that higher electricity costs are a good thing for the people of Nova Scotia," he said.

There are electricity tax rebates, particularly for low income earners. McNeil made sure to point this out as he sharply criticized the NDP and Nova Scotia Power yesterday.

"Nova Scotia Power crawled (into) bed with the New Democratic Party yes-

terday with the announcement of supporting that initiative. We've made it very clear that's not the route we're going. We will invest in creating jobs. Leadership is about making choices, not buying votes," said McNeil.

MacDonald also defended the Tories' position, particularly by citing the rebates. He said his Building for Growth stimulus plan also includes \$50 million to retrofit buildings to make them more energy efficient.

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What's online today.

**Video** Tributes pour in for Winnipeg homeless man who saved drowning teen at [metronews.ca/canada](http://metronews.ca/canada)

**Blogs** Style columnist Kenya Hunt finally joins Twitter and Hollywood Rants honours Dom DeLuise's true legacy ... the Cannonball Run blooper reel

**Check** movie showtimes, watch trailers and read reviews

**Lotteries**

Lotto 6/49: 1, 4, 9, 20, 30 & 44. Bonus 18. These results are not official.





Thirty-five Nova Scotian artists and craftspeople were honoured this week, as their work became part of the Nova Scotia Art Bank collection. Established in 1975, the NSAB purchase program has a collection consisting of almost 1,800 pieces, which are displayed in government offices. **METRO HALIFAX**

# School violence prompts meeting

RCMP, HRP, school board leaders discussing best ways to handle behaviour

KRISTEN LIPSCOMBE  
for Metro Halifax

**Fire alarms and fights at several schools over the past week have prompted the leaders of Halifax Regional School Board, Halifax RCMP and Halifax Regional Police to put their heads together.**

Board chairman Irvine Carvery confirmed yesterday he's meeting with Supt. Darrell Beaton, officer in charge of the Mounties, and HRP Chief Frank Beazley at 2:30 p.m. today to talk about how best to deal with violence at the city's schools.

Carvery, also the board's

## Alarms pulled

• There were no get-out-of-school free cards for students yesterday.

Halifax Regional School Board spokesman Doug Hadley said alarms at Sir Robert Borden Junior High School, Astral Drive Elemen-

tary School and Dartmouth High School were pulled in what may be a possible copy-cat game.

Students at Auburn Drive High School and Cole Harbour High School got out of school recently when alarms went off.

But Hadley said students were back in class after about 20 minutes yesterday.

Fire alarms were also pulled twice at Graham Creighton Junior High School and once at Ross Road School on Tuesday.

African-Nova Scotian member, said he wants to be sure administrators and police officers are "on the same page" when brawls break out, such as those at Auburn Drive High School last Friday and Cole Harbour District High School Monday.

"This will be my first opportunity to sit down with the law enforcement agencies to discuss this matter," said Carvery, who was elected to the board last October.

He wants today's initial get-together to result in more meetings between the

local police forces and his senior staff, so everyone's well aware of protocol when students start turning on each other.

Carvery said he'll also ask Beaton and Beazley if racism is a problem in schools, and whether or not

there's any strain felt between students and police.

"If there's anything I can do to help build bridges, then I'm prepared to do it," he said.

School board spokesman Doug Hadley said the disruptive behaviour lately "gives us great concern."

"We need students to realize that there will be consequences for actions," he said, adding about 30 suspensions total have been handed out at Auburn Drive and Cole Harbour.

"Every student and every staff member has an absolute right to ... feel safe in school and we will make sure that that occurs."

## N.S. reports 5 new mild flu cases

**HEALTH** Five more mild cases of Influenza A (H1N1), also known as swine flu, were reported yesterday in Nova Scotia.

That brings the total in the province to 53 since the outbreak began April 26.

Three of the new cases are within Annapolis Valley District Health Authority, with the other two coming from Capital District Health Authority.

The cases from Capital Health are related to the original cluster from King's-Edgheill School in Windsor. The three cases from the Annapolis Valley are under investigation.

"As we have stated all along, it's safe to go to work and school, and participate in school activities and to socialize, if you don't have influenza-like symptoms," Dr. Robert Strang, the chief public health officer for Nova Scotia, said in a release.

METRO HALIFAX

## Dartmouth park closings due to construction

**PREPARATIONS** Several parks in Dartmouth will be temporarily closed while construction takes place in advance of the 2009 ICF Sprint Canoe World Championships from August 12 to 16 at Lake Banook.

The municipality is making improvements to several parks around Lake Banook, with construction beginning in mid-May until the end of July.

The affected areas include: Birch Cove Park; Turtle Grove Park; Nowlan Street Parking Lot; Lion's Beach Park; Special Events Plaza at MicMac Aquatic Club; corner of Prince Albert Road and Nowlan Street; and a small area of Graham's Grove Park.

METRO HALIFAX

## Insurance brokers launching site for consumers

**ONLINE** Local insurance brokers were out in purple yesterday to promote a new website they say will give clients information about the best and most affordable coverage options.

The Insurance Brokers Association of Nova Scotia (IBANS) is launching MyInsuranceShopper.ca, which allows consumers to check quotes for themselves online for auto, home and business insurance and lists brokers in the area who can offer advice on the right insurance.

The website is only the second of its kind in Canada. The Insurance Brokers Association of Ontario launched a version there last year.

CAPE BRETON POST

## Good perch You know it's spring when ...



Spring has sprung, and the giant Northern Spring Peeper has again taken its perch on the south wall of the Nova Scotia Museum of Natural History. Placing the frog replica on a soggy morning yesterday are John Budden, left, and Kim Jarrett. The frog has been a seasonal mainstay on the building for the last 23 years.

## Students play online for free tuition chance

HILARY BEAUMONT  
for Metro Halifax

About 70 puzzled students filed into the dark theatre at Halifax West High School yesterday as music worthy of an action movie boomed from the speakers above.

Tom Cruise was nowhere to be seen, but a "spy" known only as "N" appeared under a spotlight on stage.

Wearing all black and knee-high leather boots, she gave students their "mission" — play an online game to win free university tuition.

"It's called Mission Tuition," she said, pausing dramatically.

Some students snickered, but their teacher quickly hushed them. As "N" introduced guests from Communications Nova Scotia, it became apparent the contest was part of their Come To Life campaign that aims to keep students in the province after graduation.

Halifax West student council president Tayte Willocks, 18, promoted the game on stage while squinting into the audience to see her classmates' reactions.

"I saw a lot of really interested faces," she said. "Hav-

## Contest

• The online contest, which offers other incentives like MP3 players and laptops, is open to any high school students, but only Grade 12 students are eligible to win tuition. The game is available until June 3.

ing a chance to win free tuition is really intriguing to all the Grade 12s."

Willows will study English and French next fall at Mount Saint Vincent University. She eventually hopes to go into education.

"It happens all too often that people just leave without actually considering what they could be doing here," she said. "The opportunities here are so worthwhile."

Seventeen-year-old Khlood Aly, who sat in the second row, said she would play the game because her parents would appreciate the financial break.

"They would be really happy," the Grade 12 student said.

Aly wants to study science or nutrition at either the Mount or Dalhousie University, but she hasn't applied yet.

## EU seal ban 'bad day' for Maritimes: Fisherman

**HUNT** Northern Cape Breton sealer Robert Courtney says it was a black day for Atlantic Canada on Tuesday when the European Parliament approved plans to ban the import of seal products.

Fishermen-sealers like Courtney, who was docking his boat at Dingwall wharf Tuesday morning, stand to lose some of their hard-earned livelihood because of the EU import ban, which was being widely interpreted as a move to force an end to Canada's annual seal hunt.

But it was the thought of a growing seal population unchecked by an annual hunt that most concerned Courtney.

"To me, this is surely a bad day for Atlantic Canada, for the whole fishing industry," said Courtney, who noted the EU ban was all the talk of an incredulous group of fishermen at Dingwall wharf.

Fisheries and Oceans Canada estimated the size of the harp, grey and hooded seal herds on Canada's East Coast at about 6.4 million animals this year while setting an overall quota of 338,200 animals.

CAPE BRETON POST



**Canwest gets another reprieve**

Canwest Global Communications Corp., the country's largest media company, announced yet another extension to lender talks yesterday as it fights a massive downturn in the advertising market. **REUTERS**

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# Canada



## Canada soft on asylum: Czech PM

Canada is soft on asylum seekers, and ends up being targeted by certain groups as a result, Czech Republic Prime Minister Mirek Topolánek charges. In April, Canada granted asylum to 84 Czech asylum seekers, all of them Roma — once called gypsies — who are often persecuted right across Europe. Last year, 853 Czech citizens, all Romani, sought refugee status in Canada. **TORSTAR NEWS SERVICE**

# Sleepless in the downturn

Economic recession raises anxiety, survey concludes

**Stressed-out Canadians are losing sleep over the protracted economic melt-down, a survey showed yesterday, and that's translating into heightened anxiety and a drop in productivity on the job.**

About one-third of 1,062 employees surveyed by Desjardins Financial Security said they are more stressed than a year ago, with economic worries being the main cause.

Another 30 per cent confessed they were suffering from tension-related symptoms such as anxiety, headaches and a lack of sleep.

Workers are fearful the recession will last longer than economists have predicted, with 47 per cent believing the downturn will extend well into next year.

Many employees are logging longer hours at the office, but productivity is suf-

fering as recession-weary workers buckle under the stress, said Michele Nowski, director of disability claims and disability management with Desjardins, which specializes in insurance and retirement savings products.

"Productivity can have a significant impact on an organization's bottom line and while the employee may not necessarily be absent from work, they may not be present 100 per

cent," Nowski said.

The survey noted mental health issues are now the fastest growing reason for days lost in the workplace.

Health officials became alarmed when stories about marital strife, substance abuse and a rise in depression increased as the economy worsened in the U.S., said Taylor Alexander, chief executive of the Canadian Mental Health Association's national office. **REUTERS**

## Canada, EU agree on 'open skies'

**AVIATION** Canada and the European Union signed an "open skies" pact yesterday under which airlines from the two trading partners will be able to fly freely between any airport in the 27-country EU and any in Canada.

"This will generate major benefits for consumers and airlines ... and will make the EU-Canada aviation market one of the most open in the world," European Commission President Jose Manuel Barroso said.

The deal will replace bilateral agreements between Canada and European states, which include restrictions on routes, prices and the number of weekly flights. **REUTERS**

## Ottawa Robinson timeless



A model poses at a preview of Richard Robinson's 2009 collection outside the Sussex Drive shop in Ottawa yesterday. This year, the haute couture designer celebrates 40 years in fashion. **TORSTAR NEWS SERVICE**

## PM chides Russia over expulsions

**DIPLOMACY** Prime Minister Stephen Harper has lambasted Russia for expelling two Canadian diplomats, saying it puts further strain on Canada's relationship with Moscow. "It's not a cold war, but it's not the ideal relationship either," Harper said yesterday.

Last week's expulsion was tit-for-tat for NATO's expulsion of two Russian envoys from Brussels over allegations of espionage, Moscow has said. **TORSTAR NEWS SERVICE**

## Flu Outbreak: WHO claims pork infected with virus unsafe to eat

• Meat from pigs infected with the influenza A (H1N1) virus, also known as swine flu, should not be eaten by humans, the World Health Organization said yesterday. Other groups have said the flu is not food-borne, but the WHO stated it was possible for the viruses to survive freezing and remain in thawed meat.

• The Canadian Food Inspection Agency said yesterday pigs that have been infected with the virus would be allowed to enter the human food supply once the animals had recovered.

• Mexico stirred back to normal life after a five-day shutdown of businesses due to the virus. Traffic and pedestrians

again clogged the streets, even as the confirmed death toll there hit 42.

• Sweden found its first case in a woman in her 50s who visited Chicago and had tested positive for the virus. Poland also recorded its first case.

• The U.S. Centers for Disease Control and Prevention has received eight million hits on its website daily as news of the outbreak spreads, and is turning to social media sites like YouTube, Twitter and podcasting to reach the public.

• WHO experts will meet next week to consider whether drug makers should switch from seasonal to pandemic flu production in response to the new strain. **REUTERS**

## News in brief

**TASER INQUIRY** The infamous video of the encounter between Polish immigrant Robert Dziekanski and four RCMP officers should have remained under RCMP wraps and in police control and not been publicly released as long as there was a possibility of

criminal charges being laid in the incident, a top investigator with the Mounties said at the Braidwood inquiry yesterday. Supt. Wayne Rideout told a public inquiry he believed the video should have been treated as evidence in a potential trial. **TORSTAR NEWS SERVICE**

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**Libyan convicted in Lockerbie bombing must drop appeal to return home: Scotland**  
A Libyan jailed in Scotland for his role in the 1988 Lockerbie bombing will not be repatriated from unless the man drops an appeal against his conviction, Scottish officials said. Abdel Basset Ali al-Megrahi, who is terminally ill with cancer, is the only person convicted of the 1988 airplane bombing. **METRO NEWS SERVICES**

# World



## U.K.'s G.I. Joes back in action

With their swivelling eyes, gripping rubber hands and lifelike features, Action Man toy soldiers, the British equivalent of G.I. Joe, were the pride and joy of British boys for decades. Production stopped in the 1990s, but the British Ministry of Defence has recently unveiled its own version of the action figures, the HM Armed Forces dolls. **REUTERS**

## Clinton regrets Afghan deaths

**The United States offered its regrets yesterday for the deaths of Afghan civilians as it brought together the presidents of Afghanistan and Pakistan to get them to co-operate against the Taliban.**

The Red Cross said dozens of Afghans died after U.S.-led airstrikes in Farah province this week while local officials said more than 100 civilians may have been killed, a figure that would make it among the deadliest days for Afghans since the fall of the Taliban in 2001.

U.S. President Barack Obama was to meet Pakistan's Asif Ali Zardari and Afghanistan's Hamid Karzai at the White House yesterday amid U.S. doubts about both men's commit-

ment and capability to tackle Taliban militants.

While the talks aim to boost co-operation between



Clinton

Afghanistan and Pakistan, they have been overshadowed by U.S. concerns about Pakistan's stability and civilian deaths in Afghanistan. The civilian deaths caused by air strikes have made it difficult for both countries to co-operate with the U.S.

"We deeply, deeply regret that loss," U.S. Secretary of State Hillary Clinton said at a meeting yesterday with Karzai and Zardari. **REUTERS**

## Australia Best job in the world



The winner of The Best Job in the World competition, Ben Southall of Britain, right, crouches on a mermaid statue yesterday. Southall beat 15 other finalists in the tourism promotion competition, winning \$110,000 US and the role of "Island Caretaker" on the Great Barrier Reef for six months. **REUTERS**

## Nepal's Maoists clash with police

**KATHMANDU** About 1,000 stone-throwing Maoist protesters clashed with police in Nepal yesterday as parties struggled to form a new government.

Major parties tried to woo the former rebels for a new government after their leader, Prachanda, quit as prime minister on Monday. The Maoists, who hold nearly 40 per cent of the seats in parliament, could make governing difficult for a new coalition if they are excluded. **REUTERS**

### News in brief

**GERMANY** An exhibit showing corpses copulating has triggered uproar among politicians. Gunther von Hagens' global Body Worlds show of "plastinated" human cadavers, which features a preserved man and woman having sex. Hits Berlin tomorrow. **REUTERS**



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# Comment & Views

## Comment

### Love's irrational yearning

#### Relating

Andrea Woo



metronews.ca/woo

When Megan McAllister initially chose to stand by her fiancé, Philip Markoff, many questioned why, given the charges he faces, she would defend him.

Markoff was linked to the catchy but unenviable nickname of "the Craigslist Killer" after allegedly trolling the erotic services section of the site for victims, luring them to hotel rooms, binding their hands with plastic cuffs and robbing them at gunpoint.

He is accused of killing

**"It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades."**

New York masseuse Julissa Brisman in a Boston hotel room after she resisted.

McAllister, it appears, did what many do after a relationship takes a traumatic turn and went spiralling into a pit of momentary lunacy, in which reason and logic are overpowered by an irrational yearning to return to a reality that no longer exists. When Markoff was charged with murder, for example, the 25-year-old told the Boston Herald: "I will stand by Philip as I know he is innocent. I love him now and always will."

When police suspected a connection between the murder and two other rob-

beries from hotel rooms in Boston and Rhode Island, McAllister told the Herald he was "intelligent, loyal and the best fiancé a woman could ask for."

Their wedding was called off, but there was clearly no shortage of praise.

Then it was revealed Markoff hid 16 pairs of underwear under the bed they shared — mementos, police said, from the victims. Those were found along with a gun, believed to be the one used to kill Brisman, and about 60 pairs of flex-cuff restraints. The gushing statements dwindled.

A strange thing happens

#### On the web

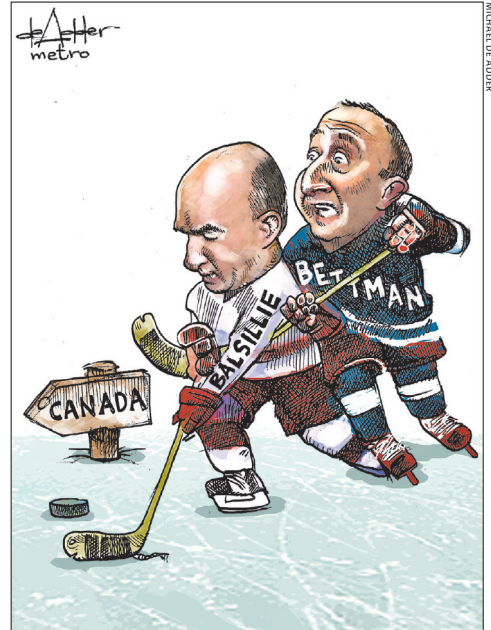
For more views on relating, go to Love Bytes at [metronews.ca/blogs](http://metronews.ca/blogs)

to a mind when it is jolted awake from a long slumber of lies. For some frenzied period, it can render a person blind to scathing truth.

It is a self-defence mechanism, no doubt — one intended to keep a person from emotional obliteration — but yields more productive results after it fades and gives way to sound reasoning and common sense.

Two weeks after Markoff was charged with murder, McAllister's lawyer Robert Honecker Jr. announced that she is "moving on with her life," sans Markoff.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



MICHAEL DI ADORNI

## Views

### Offering shelter from a violent storm



Beverley Wybrow

Violence against women remains a critical issue in Canada: It affects not only the safety, potential and equality of women across Canada, but also children and young people.

Though domestic homicides have declined by half over the last 30 years, there are still one to two women murdered every week, and that is only the tip of the iceberg: Every year in Canada, more than 100,000 women and children seek refuge in a shelter, at least one in five teens in Canada experience dating violence and up to 360,000 children in Canada witness violence in their home.

So what is the answer to

ending violence against women in Canada? At the Canadian Women's Foundation, we believe the answer is twofold: We must provide short- and long-term support to women and children who have already experienced abuse, so they can heal and rebuild their lives; and we must prevent it from happening in the first place by changing the attitudes and beliefs that lead to abusive behaviour.

The Canadian Women's Foundation funds initiatives in shelters and community organizations across Canada that work along the full continuum of ending violence against women: This includes teaching young people about healthy relationships, personal boundaries and mutual respect; providing shelter to women fleeing abuse; counselling children who have wit-

#### How you can help

- Donate online at [shelterfromthestorm.ca](http://shelterfromthestorm.ca) or in-person at any Winners, HomeSense or BMO Bank of Montreal branch.
- Purchase a limited-edition Shelter from the Storm T-shirt (\$12.99), teddy bear (\$12.99) or reusable tote with lunch bag (\$4.99) at Winners or HomeSense. Net proceeds

will be donated to the campaign.

- "Shop 'til it Stops" today: A percentage of every purchase made at Winners and HomeSense today will be donated to Shelter from the Storm.
- Listen to the Shelter from the Storm radio-athon today between 6 a.m. and 6 p.m. on participating radio stations.

Funds raised will support more than 450 shelters for abused women across Canada, long-term support services that help women and children rebuild their lives after abuse, and violence prevention programs that are breaking the cycle of abuse.

Beverley Wybrow is the president and CEO of the Canadian Women's Foundation, which is dedicated to improving the lives of women and girls in Canada. For more, visit [canadianwomen.org](http://canadianwomen.org).

nessed abuse to help them heal from the experience and prevent them from becoming victims or abusers themselves; and rebuilding the lives of women and their children after they have experienced violence.

What can you do to help? Support Shelter from the Storm, Canada's largest national campaign dedicated to ending violence against women.

## Letters

#### HRMbyDesign has supporters, too

Re: *HRMbyDesign under fire*, (May 6)

I attended Tuesday night's session of council in regards to HRMbyDesign and was disappointed by the coverage in yesterday's Metro Halifax.

The story was unrepresentative of the evening's events.

Your paper implies most who spoke at council attacked HRMbyDesign when, in fact, the majority of those in attendance — myself included — were supportive of this bold vision for Halifax.

Students, young professionals, parents and retirees alike acknowledge HRMbyDesign is a great opportunity for a city that has already missed out on too many opportunities.

I hope future coverage will be balanced.

TORI JARVIS  
DIRECTOR, FUSION HALIFAX

#### Society may be missing online warning signs

Re: *Moralists now stalking Craigslist* (April 29)

I absolutely love this article. Paul Sullivan sums up perfectly just how uneducated people are about the web.

Has society missed the banner that all the bad guys have hung up, saying, "Hey look, I'm over here, getting pictures of your kid off the Internet and learning all the intricate details of your life?"

Craigslist founder Craig Newmark should not be the one with a lawsuit on his hands. As sad as it is that this happened to this poor girl, Newmark was not the one who murdered her, or told this guy to stalk her. If this classified ad had been in a newspaper, how do we know he wouldn't have found her that way instead?

BRENDA MACDONALD, CALGARY

#### ShareYourViews

[halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

#### Metro Online Poll Results

51%  
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49%  
SAID  
NO

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Bill unveiled to reverse U.S. online gambling ban**

Legislation aimed at reversing a three-year-old ban on Americans placing online bets was introduced yesterday by U.S. House Financial Services Committee chairman Barney Frank. **REUTERS**

9

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## TSX hits 10,000 mark

Optimism fuels highest close since November

Toronto's main stock index shot past 10,000 points to its highest close in six months yesterday as resource and financial issues led a rally fuelled by optimism that the global economy is stabilizing.

Aiding the sentiment was stronger-than-expected economic data from Canada and the United States, particularly a private-sector U.S. employment report that showed job losses slowed dramatically last month.

The S&P/TSX composite index finished up 262.71 points, or 2.7 per cent, at 10,143.43.

Seven of the index's 10 main sectors rose. The energy and materials groups climbed 4.8 per cent and 2.9 per cent, respectively,

**"It's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is."**

Kate Warne, strategist

as oil jumped \$2.50 to a five-month high of \$56.34 a barrel and U.S. gold settled up \$6.70 at \$911 an ounce.

The financial group gained 3.1 per cent.

Those sectors make up nearly three-quarters of the index's weighting, and helped push the market to its highest intraday level since Nov. 5, and its high-

est close since Nov. 4.

"I think, psychologically, it's very important because investors use nice round numbers like 10,000 as benchmarks on where the market is," said Kate Warne, Canadian market strategist at Edward Jones.

"It's greater confidence that even if the world economy isn't at the bottom now, it's getting very close."

However, Warne and other market watchers are wary of calling the end of the market downturn.

"Nobody knows, ever, what the market is going to do short-term, and I certainly wouldn't expect the market to continue to move higher every day on optimism," added Warne.

REUTERS

### The DAILY BUSINESS BUZZ

#### Community centre bid accepted by council:

Town council has accepted a tender to begin the redesign of the building that houses the New Glasgow Library. The \$900,000 bid from Higgins Construction is intended to turn the space into a community destination centre, which will eventually house the library and occupants of the New Glasgow Business Service Centre.

#### Investors cautioned:

Investors are urged to be cautious when approached by firms sounding oddly familiar to current or former market registrants. The Nova Scotia Securities Commission said two examples causing them concern are firms called Lehman Brothers & Associates Corp. and Peterson & Rothschild Associates. Lehman Brothers & Associates is not related to the U.S. merchant bank Lehman Brothers Holdings Inc., which filed for bankruptcy protection in September.

Get the full stories delivered to your inbox every morning.

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## Building, purchasing data beat expectations

**REPORTS** Canadian building permit and purchasing managers data came in much stronger than expected yesterday, boosting the currency and hopes the country's economic slide could be slowing.

Economists and political leaders called the data encouraging, but also warned investors shouldn't presume a much-hoped-for economic rebound is necessarily under way.

"This is a good sign but we have to keep working very, very hard to make sure that any signs of recovery take," federal Industry Minister Tony Clement told reporters.

REUTERS

### In brief

**WIRELESS** Palm Inc. said yesterday that Bell Mobility would start selling its upcoming Pre smartphone in the second half of this year. Pre is seen as Palm's best bet to rejuvenate its business and recoup market share lost to rivals such as Apple Inc.'s iPhone.

**ENERGY** Oil major Shell said yesterday it has formally withdrawn a three-year plan for energy exploration in Alaska's Beaufort Sea after it was stymied by environmental litigation.

REUTERS

### Seeking Smokers

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# Sports



## Howard headlines All-D team

Dwight Howard, the reigning NBA Defensive Player of the Year, and NBA MVP LeBron James of Cleveland highlight the 2008-09 NBA All-Defensive Team announced yesterday. Rounding out the team are Kobe Bryant, Chris Paul and Kevin Garnett. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONews.CA

# Overtime fun for Pens, Hurricanes

## Stanley Cup 2009 Playoffs

**Kris Letang's goal with 8:37 left in overtime lifted the Pittsburgh Penguins to a 3-2 win over the Washington Capitals in Game 3 of their Eastern Conference semifinal series in Pittsburgh.**

Sidney Crosby won a right-circle draw back to Mark Eaton, who dished to Letang for a rocket one-timer at the point.

The shot deflected off the inside of the leg of Caps defenceman Shaone Morrisson, changed direction, and hit the net on the short side.

Letang also contributed a helper for the Penguins, who cut their deficit to 2-1 and have a chance even the best-of-seven matchup at home on Friday.

Ruslan Fedotenko and

Evgeni Malkin lit the lamp, and Marc-Andre Fleury needed just 21 saves for the victory.

Alex Ovechkin picked up a goal and one assist while Nicklas Backstrom also scored for the Capitals, who had opened the series with a pair of positive decisions in America's capital.

Simeon Varlamov took the loss after allowing three goals on 42 shots.

## Hurricanes 3 Bruins 2 (OT)

Jussi Jokinen scored 2:48 into the first overtime, his second game-winner of the playoffs, and Carolina gained a 2-1 series lead with a 3-2 triumph over Boston in Game 3 of this Eastern Conference semifinal bout in Raleigh.

Jokinen, who had just seven goals in 71 games during the regular season, notched his fifth of these playoffs and added an as-



Evgeni Malkin celebrates his third period goal against the Capitals last night.

sist in quickly becoming a clutch postseason performer. The Finnish winger beat the third-period buzzer to give the 'Canes a win in Game 4 of their quarter-final

matchup with New Jersey, then lit the lamp late in regulation to tie Game 7 with the Devils.

Eric Staal collected his team-leading seventh goal and 10th point during the

playoffs, logging the first power-play goal of this series in the process for Carolina, which is now a perfect 6-0 in the postseason when Staal scores.

METRO NEWS SERVICES

## SCOREBOARD

### NHL

#### YESTERDAY'S RESULTS

Pittsburgh 3 Washington 2 (OT)

Carolina 3 Boston 2 (OT)

### NBA

#### YESTERDAY'S RESULTS

Boston 112 Orlando 94

Houston at L.A. Lakers

### MLB

#### YESTERDAY'S AL RESULTS

Cleveland 9 Boston 2

Kansas City 9 Seattle 1

Detroit at Chicago PPD

Tampa Bay at N.Y. Yankees

Minnesota at Baltimore

Texas at Oakland

Toronto at L.A. Angels

#### YESTERDAY'S NL RESULTS

Atlanta 8 Florida 6

Chicago Cubs 6 Houston 3

N.Y. Mets 1 Philadelphia 0

St. Louis 4 Pittsburgh 2

Milwaukee at Cincinnati

San Francisco at Colorado

Arizona at San Diego

Washington at L.A. Dodgers

## Sports in brief

**SOCCER** Andres Iniesta's injury-time equalizer gave Barcelona a 1-1 draw against Chelsea yesterday and a spot in the Champions League final. Barcelona goes through to meet defending champion Manchester United in Rome on May 27.

**NHL** Anaheim Ducks defenceman James Wisniewski will remain in hospital for a second night after getting hit in the chest by a puck, but is expected to be released today. Wisniewski was hit by Pavel Datsyuk's slapshot during Tuesday's game against Detroit.

**NHL** Vancouver Canucks forward Pavol Demitra will remain sidelined with an undisclosed injury, while defenceman Sami Salo could be back in the lineup for Game 4 of the club's Western Conference semifinal series against the Chicago Blackhawks tonight.

**NFL** The never-ending saga of Brett Favre's retirement continues today as Minnesota Vikings head coach Brad Childress travels to Mississippi to meet with the future Hall-of-Fame quarterback. The Minneapolis/St. Paul Star Tribune reports Childress departed for Mississippi yesterday for the first of two meetings to discuss Favre coming out of retirement for the second straight offseason in order to play for Minnesota and his third organization in three years.

**BOXING** Former boxing champion Dave Hilton Jr. was freed on bail yesterday in Quebec after being arrested on charges of assaulting his girlfriend. In 2001, Hilton was sentenced to seven years in jail for sexually abusing his daughters.

METRO NEWS SERVICES

## NBA Playoffs Celts smoke Magic



Boston's Eddie House and Stephon Marbury celebrate during a timeout against the Orlando Magic last night. The Celtics won 112-94 to square their Eastern Conference semifinal series at a game apiece. For a recap of Game 2 of the Rockets/Lakers series, visit [www.metronews.ca/sports](http://www.metronews.ca/sports).

# Balsillie vs. Bettman, again

NHL commissioner Gary Bettman and Jim Balsillie appear to be heading for another showdown over the BlackBerry billionaire's brash attempt to purchase the cash-strapped Phoenix Coyotes.

A day after the Coyotes filed bankruptcy papers and Balsillie tabled a \$212.5-million offer to buy the struggling franchise and move it to Southern Ontario, Bettman was throwing up roadblocks.

Speaking on a panel on the The Future of Sports hosted by the Wall Street Journal, Bettman said he doubted Balsillie would gain approval from league owners to purchase the team and that the league planned to keep the floundering franchise in Phoenix.

"We generally avoid relocating a franchise unless you absolutely have to. When a fran-

## Another team

Where, exactly?

• Hamilton, Ont., Mayor Fred Eisenberger said his city was prepared to do whatever it could to try to land an NHL team. The league has histori-

cally opposed adding another team to Southern Ontario, given Hamilton's proximity to both Toronto and Buffalo.

METRO NEWS SERVICES

chise is in trouble you try to fix the problems. That's what we did in Pittsburgh and Ottawa and Buffalo.

"We fix the problems we don't run out on cities."

It marks the third time Balsillie and Bettman have clashed over the Research in Motion (RIM) chief's efforts to acquire an NHL franchise.

Balsillie has made attempts to purchase the Pittsburgh Penguins then the Nashville Predators but saw the deal scuttled when it became clear he planned to move the Predators to Hamilton and

brazenly started selling season ticket packages, a move that incurred Bettman's wrath.

"In the past, selling tickets in a place where we don't have a franchise, or a franchise he didn't own, interaction he's had with a variety of our owners, I don't know whether or not he could get approved (for NHL ownership)," said Bettman.

"This is not about whether or not we want a franchise in Southern Ontario." "This is about the league rules."

REUTERS



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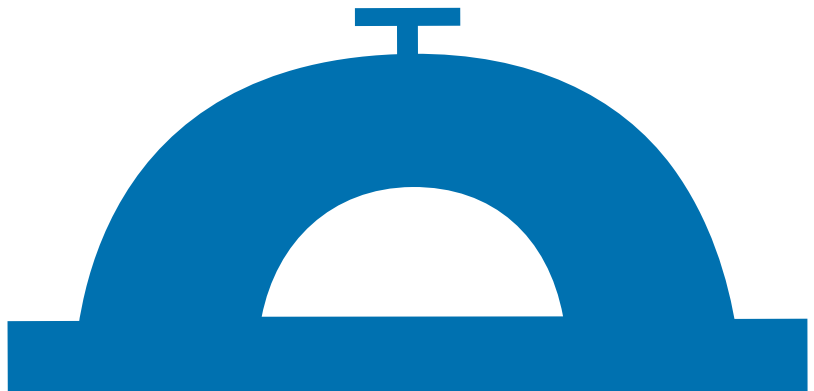
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Jim Bottomley has resurfaced as head coach and general manager of the Maritime Junior A Hockey League's Bridgewater Lumberjacks. Bottomley, who won a Royal Bank Cup with the Halifax Oland Exports in 2002, most recently held a management position with the Halifax Lions. **METRO HALIFAX**

# Soccer star staying south of border

Halifax's Molly Allen opts to hone game in U.S. pro league for the summer

MATTHEW WUEST  
matthew.wuest@metronews.ca

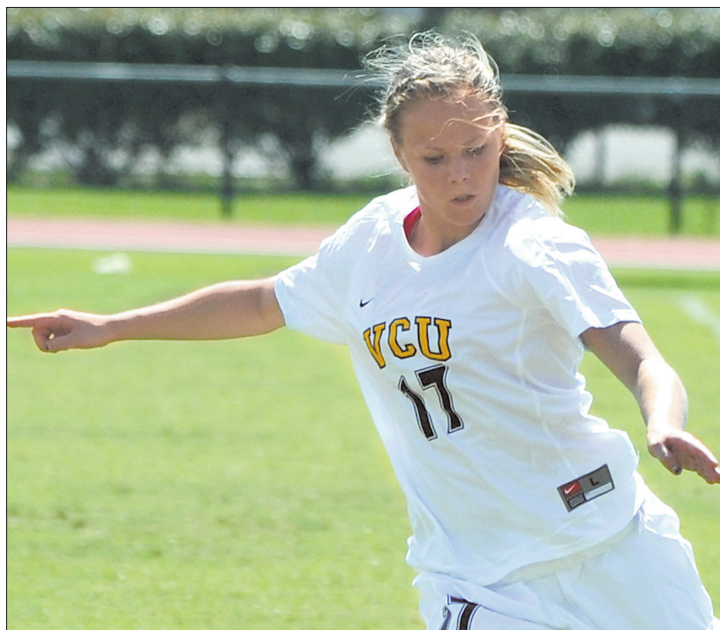


**Molly Allen isn't coming home after her first year away at university in the United States. And that's not a bad thing, at least when it comes to her soccer career.**

The 18-year-old defender, coming off her freshman season at Virginia Commonwealth University, will spend the summer with the Washington Freedom of the W-League. The lure of playing at the second highest level of professional women's soccer in North America was too much to ignore.

"I know if I go back home it's not going to be as competitive and I probably wouldn't stay on track," Allen explained. "It's important that I push myself to another level."

The Halifax native is one of Nova Scotia's top soccer talents, having been a member of Canada's youth teams at the under-15, -16 and -20 levels.



Halifax native Molly Allen will be playing in the professional W-League this summer.

After heading to Virginia Commonwealth last summer, she had a successful

season, making Soccer Buzz Magazine's all-freshman team for the NCAA

Mid-Atlantic Region.

She was teammates with Dartmouth striker

Stephanie Power, a high-scoring senior, and said she had a good individual season. Learning to be more consistent and adjusting to life in the U.S. were two of her biggest challenges.

"Being away from home can be hard sometimes," she said.

"Not knowing anyone and just having to prove yourself (on the soccer field) because you're from Canada."

The W-League is essentially a continuation of the NCAA season. It's the highest level college athletes can play without forgoing their NCAA eligibility. The schedule — which gets underway this weekend and runs through the end of July — is tailored to get students back to school in August.

Allen said she hopes the W-League experience helps her build off her freshman year at VCU.

"It's given me a lot of good exposure," she said. "I'm pushing myself and I'm a better player because of it."

## Voltigeurs draw close to first title

**QMJHL** The Drummondville Voltigeurs are a win away from their first QMJHL President Cup.

The Voltigeurs hammered the host Shawinigan Cataractes 9-2 last night to grab a 3-1 lead in the best-of-seven final. Yanick Riendeau had two goals and three assists to give him a league-leading 47 points in 16 games.

Sean Couturier and Spencer Mahbod chipped in with four-point efforts on a goal and three assists apiece.

The high-powered Volts now have 104 goals in 16 playoff games, an average of almost seven goals per game. They've scored 46 times on the power play.

The series resumes Friday in Drummondville.

**METRO HALIFAX**

## Sports in brief

**MJHL** The Halifax Lions have tagged forwards Justin Belanger and Alex Zafiris as their Maritime Junior A Hockey League territorial selections for 2009. Both play for the Halifax McDonald's major midgets.

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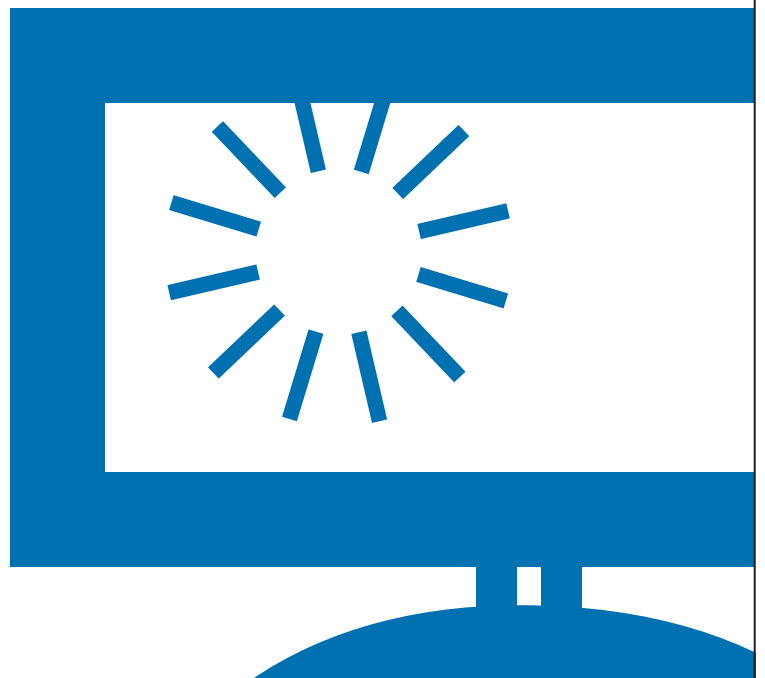
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# Metro Homes



## Think Eco

Home Depot's spring/summer edition of Ecooptions magazine is out and it's full of ecological tips for your garden — such as the new EcoSense line from Scotts. See [homedepot.ca](http://homedepot.ca) for more information. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, [DOUGLAS.DUNLOP@METRONEWS.CA](mailto:DOUGLAS.DUNLOP@METRONEWS.CA)



## Scoring the secrets to a green thumb

**GARDENING** The proverbial green thumb is admired by many of us who don't have one. As the neighbours' gardens and flowers start to bloom, green thumb envy is inevitable. Sure, it takes some skill and talent to grow a magnificent garden, but it's not impossible to develop a green thumb in time for gardening season this summer.

First, remember to keep insects at bay. Some insects can wreak havoc on plants. So, spray both upper and lower leaves with neem or pyola oil on a seven to 10 day cycle to keep these critters away. You can even order beneficial insects such as ladybugs to help keep the pesky ones under control.

Second, it's important to get familiar with your environment, especially soil conditions. Christian Children's Fund of Canada (CCFC), an international children's charity has helped families plant es-

sential food items in challenging climates in parts of Africa and South America for close to 50 years.

"Soil quality can be poor in certain areas, containing too much clay, gravel or sand, says Carol Froom, vice-president of marketing and communications for CCFC. "So, the key is to understand the type of soil you're working with and then plant the appropriate seeds."

And finally, the secret to having a green thumb with vegetation and flowers is pruning. It's very difficult for some of us to trim back a plant because we don't want to damage it, but it can make a plant grow stronger and produce even more when done correctly.

You can find out more about how gardens flourish in the developing world or what tools and seeds are being used online at [ccfc.ca](http://ccfc.ca).

NEWS CANADA

## Bar basics

### glassware

- Martini
- Highball
- Tumbler
- Wine

### accessories

- Jiggers
- Cocktail shaker and strainer
- Stirrers
- Corkscrew and bottle opener
- Zester
- Muddler
- Ice bucket and tongs
- Small knife and cutting board
- Manual juicer
- Blender
- Napkins and a few tea towels

### mixers

- Tonic and soda water
- Cola
- Ginger ale
- Juices (orange, pomegranate, grapefruit, cranberry, Clamato)

### garnishes

- Olives
- Cherries
- Celery
- Mint leaves
- Sugar (for rimming)
- Lemons and limes

Remember, if you serve guests alcohol, you're responsible for them even after they leave. Always have designated drivers, and if anyone overindulges, offer the pullout or call a cab.

Items here include: Cocktail shaker \$25; Felix martini glasses \$10 each; Quadro glass vase (holding leaves) \$33; jigger, tongs, bottle opener, strainer and stand \$60 per set (includes spoon and ice bucket, not shown); Crate and Barrel (crateandbarrel.ca), Kate Spade for Lenox Noel crystal ice bucket (holding fruit) \$208; Alessi stainless steel tray \$151; William Ashley (williamashley.com).



## Decor

Read more in the June issue of **STYLE AT HOME** magazine. ON SALE NOW! [styleathome.com](http://styleathome.com)

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## This is it, it's now time to sink or swim

### DisasterDIY

**Bryan Baeumler**

HGTV host

**Bryan Baeumler is host of DisasterDIY: Cottage Edition, airing tonight at 9 p.m. on HGTV. Visit [hgtv.ca/disasterdiy](http://hgtv.ca/disasterdiy) for streamed episodes and exclusive content.**

If you have a cottage, you probably have a dock. If you have a dock, there's a good chance there's a boat tied to it. If you have a boat, you probably visit friends

on the lake, and tie up at their dock. If Owen and Rene are your friends, and you love your boat — you beach it. There's just too much risk involved by taking a chance on their dock.

Rene is Owen's older brother — he's mechanically inclined, and responsible for general upkeep of the cottage that he shares with his brother — and he's doing a great job. Owen loves the cottage life, and has only one maintenance responsibility on their island property: Take care of the dock! And if "take care" means "abandon," he's done a fantastic job.

However, if "take care" means providing a safe place to entertain friends,

family and children than he needs a few lessons on what is safe and secure.

A quick tour of the floating sea-monster off the beach revealed gel-coat eating nails protruding from the sides, (barely) floating sections secured with rubber mats, missing lumber replaced (or not) with rotten leftovers, inadequate anchoring resulting in the occasional rescue mission, and of course an herb garden. This dock was not only a hazard, it was bringing down property values and curb appeal, er ... lake appeal.

After a few days of fun in the sun, I'd also taught Owen how to build an attractive, expandable and

**"If you have a boat, you probably visit friends on the lake, and tie up at their dock. If Owen and Rene are your friends, and you love your boat — you beach it."**

virtually maintenance free dock that he and Rene can all enjoy, and actually use, for years to come. Time for a swim!

Bryan Baeumler is host of DisasterDIY: Cottage Edition. The show airs Thursdays at 9 p.m. on HGTV.



**President's Choice launches lawn and garden line**

Having an urban garden will be easier with President's Choice's new planter box, perfect for small spaces and sectioning off different plants. This product, and many more, are available at Superstores across Canada. **METRO NEWS SERVICES**

# Taking on all the trash eaters

**HomeScape**

**Sylvia Putz**

metronews.ca/homescape

I have a problem convincing anybody that I'm the boss around here. As if it wasn't bad enough with my pubescent children challenging my hegemony daily, the neighbourhood raccoons have decided to up the ante.

Clapping, hissing, or stamping of feet was traditionally sufficient to give Rosie Raccoon and her brood the message, and send the little family scurrying. But this year it's different. The other night, it was I who was marooned

on the sidewalk while a posse of raccoons stared me down from my own porch.

After I discovered that the usual routine made next to no impression in persuading them to leave, I wondered whether I would have to do a "bluff" charge, like a bear? And if I did, would they nip at my legs? As I contemplated my next course of action, they yawned (what a bore I was), and slowly and disinterestedly made their way up the eaves trough and lumbered leisurely across my neighbour's roof without a backward glance.

And now that the raccoons have got me pegged, the gang comes back regularly with their buddies in tow. And they're all equally disrespectful.

They're kinda cute, it's true. But cuteness means very little after you've forced your loudly complaining son (whose job it is to deal with the garbage) to clean up half-composted dinner scraps for the umpteenth time. What a headache!

The raccoons are only doing what they need to do, but all the same, they're the guests from hell. They make a huge mess, plus they take their washroom breaks in your backyard. And this is no laughing matter since raccoon wastes can make people, particularly young children who play in the



Be sure to lock up your garbage.

dirt or a backyard sandbox, ill.

Rule number one is make your garbage inaccessible to the raccoons. Put it in a shed and put a lock or good-quality closure on the shed door. Raccoons can be quite clever and can figure out

pretty quickly how to open door closure systems.

At the very least, get a tight-fitting lid or use bungee cords or latches, buckles or other attachments to secure the lid of garbage and compost containers tightly. Some peo-

ple also hang the compost on a hook a couple of inches above the ground to thwart raccoons who have discovered that knocking over a compost container can pop open the clasp.

And remember to take the garbage out to the curb with bungee cords removed and buckles unfastened on the morning of pickup, not the night before.

Whatever obstacles you put in their way, raccoons can demonstrate some pretty determined behaviour. They can gnaw through plastic garbage cans to get at their dinner. You can be the boss, but those wily raccoons will make you work for it.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

## Feeding is key to bigger blooms and blossoms

**You are what you eat — and that's as true for flowers as it is for people.**

Getting the right nutrients to your plants is every bit as important as watering and ensuring that they get the right amount of sun. You can't always control how much sunlight your garden gets, but improving your plant's health is simply a matter making the commitment to feed your garden regularly.

"Our research shows that gardeners have a wide range of preferences regarding how, and how often, they want to feed their plants," says Syd Pell, gardens specialist at Miracle-Gro. "That's why we've created a wide range of simple-to-use, effective products to ensure that there is an option for every gardener."

Choose the plant food type that is right for your gardening needs.

Plant spikes are a simple solution for indoor plants. Insert a spike into the soil in your pot and the spike slowly dissolves, feeding your plant for up to two months.

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Choosing the right plant food is key to gardening well.

a nutrient-rich blend of plant food and water. Feed every two weeks for bigger, beautiful blooms.

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healthy, beautiful flowers.

Recently introduced, the LiquaFeed plant feeding system from Miracle-Gro offers the ultimate in convenience. Simply attach the LiquaFeed sprayer to your garden hose, insert a bottle of Miracle-Gro liquid concentrate, and you can now water and feed your plants at the same time.

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# Food

Look for small- to medium-sized lemons. They have a thinner skin and are juicier than large ones. Choose plump and brightly coloured lemons that are heavy for their size.

BARB HOLLAND/FOR METRO CANADA



## Pass on green

Avoid lemons tinted with green as they will be tart with less flavour.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

# Lemon sunshine for Mom

## À la carte

**Barb Holland**

metronews.ca/alacarte

Not all desserts have to be rich. Inspire your family and treat mom this Mother's Day with a light, luscious, healthy dessert (no, that's not an oxymoron). This baked lemon pudding is just one recipe from a new booklet from the Egg Farmers of Canada. The other recipes include a Fruit Bliss, Toffee Meringue Kisses and a Vanilla Cream Delight. More recipes are available at nsegg.ca.

**Lemon Pudding Paradise**  
Lemon is one of my

favourite flavours when it comes to desserts — light and refreshing for a perfect ending to a meal. This pudding cake (a light cake on top of a lemony custard) can be served warm or cold, so it can be made ahead. Makes 4 servings.

### INGREDIENTS:

- 3 eggs, separated
- 1/2 cup (125 ml) sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch salt
- 2 tsp (10 ml) grated lemon zest
- 1/4 cup (60 ml) fresh lemon juice (2 lemons)
- 1 tbsp (15 ml) butter, melted
- 3/4 cup (175 ml) milk
- Icing sugar, optional



Treat your mom with a light lemon pudding.

### METHOD:

Preheat oven to 350°F (180°C). Butter a 4 cup (1 L) baking dish.

Beat egg whites in a large bowl until stiff but not dry.

In a separate bowl, stir together sugar, flour and salt. Whisk in lemon zest, lemon juice, butter, milk and egg yolks. Gently fold whipped whites into lemon mixture. Pour into

baking dish. Place baking dish in a shallow pan of hot water so that the water rises 1 inch (2.5 cm) up the sides of the baking dish. Bake until top is lightly browned, about 30 to 40 minutes. Serve warm or cold.

Serve with a dusting of icing sugar, if desired.

### Tips:

- Keep it fresh — eggs should be stored in their original carton. This will protect them and prevent them from absorbing strong odours from other foods in the refrigerator. Store eggs in the main body of the refrigerator to ensure they are kept at a consistent and cool temperature.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

## Liquid Assets

**Peter Rockwell**

metronews.ca/liquidassets

## Chile chillin'

Just got back from South America and boy is my palate tired. Two weeks of sniffing and spitting some of the best liquid Chilean and Argentinean wine makers can muster certainly takes its toll.

Of the two countries, Chile offered the most surprises. Long considered an excellent table wine producer many consumers are still unaware of the value that can be had if they just drink past the bulk.

The wines from Santa Rita and Carmen are great examples that over-deliver in the glass. Located next door to each other the sister wineries are two of the Maipo Valley's best. Santa Rita was kind enough to arrange for a short earthquake (a 5.0 on the Richter scale) which, when combined with some classy vino, made for a memorable visit.

Their beef-friendly **2005 Medalla Real Cabernet Sauvignon (\$19.95 - \$25.99)** was a standout. Cabernet is Chile's flagship grape and this version is layered with earthy black fruit, ripe tannins and chewy vanilla oak. For a match with fresh white fish (a Chilean favourite) try **Carmen's 2008 Sauvignon Blanc (\$10.90 - \$13.99)**. Clean, crisp and lightly fruity, it's representative of the modern personality that is becoming the hallmark of Chilean wines.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Looking for the good life? Rocco shares his secret

## SunnySide

**COOKBOOK** These days, does it seem like all news is bad news? Metro borrowed the following edited excerpt and recipe from David Rocco's latest book *Dolce Vita* (HarperCollins) to breathe a little fresh air into your life. The good life.



These cookies are definitely good and easy to make, says TV host and cookbook author David Rocco.

### Dolce Vita

Literally translated, dolce vita means "sweet life." Life has its ups and downs, but I believe you can find a little dolce vita even on the worst days.

To me, dolce vita has nothing to do with money or social status or posses-

sions. It's about being present in those moments in life that bring you joy. It's a sip of perfect espresso in the morning. It's the patina of a rugged old kitchen table that has seen a thousand family dinners. It's a nod hello to a stranger.

Dolce vita is linked to food, cooking and family. I

remember waking up on Sunday mornings and hearing my mom in the kitchen, with the radio tuned to an Italian station. The air would be rich with the smell of his espresso, and I'd get a little poured into my glass of warm milk.

That's dolce vita!

### Brutti Ma Buoni (Ugly but Good)

These cookies aren't really ugly, but they're definitely good and easy to make. The name comes from the fact that they don't have a regular cookie shape. These are native to Tuscany and were invented to use up egg whites, because so many Tuscan dishes call for the yolk. This is a very forgiving cookie recipe in that a little extra of an ingredient won't sabotage it. Makes 24 cookies.

### INGREDIENTS:

- 6 egg whites
- 1 cup (250 ml) toasted almonds, coarsely chopped
- 1 cup (250 ml) toasted hazelnuts, coarsely chopped
- 3/4 cup (175 ml) sugar

- 1 tbsp (15 ml) all-purpose flour, plus extra for dusting
- 1 tbsp (15 ml) cocoa powder
- 1 tbsp (15 ml) amaretto
- 1 1/2 tsp (7 ml) vanilla extract
- Butter, for greasing cookie sheet

### METHOD:

Put the egg whites in a bowl and beat them until they get very airy and form nice white peaks. It's important that the peaks not break, so don't overbeat them. The airiness gives the cookie its light texture, so don't dump in your other ingredients. Instead, sprinkle in the almonds, hazelnuts, sugar, flour, cocoa powder, amaretto and vanilla. Now gently, gently fold everything together.

Grease a cookie tray with some butter, dust it with a little flour and then use a spoon to drop the dough onto the tray in little blobs, leaving approximately 1 inch (2.5 cm) between each one.

Bake for 20 to 30 minutes or until golden and firm to the touch. If you like chewier cookies, underbake them slightly. Remove them from the oven and transfer them to a wire rack. Let them rest for 30 minutes or until cooled.

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# Mother's Day GIFT GUIDE

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Colour her world



#1



#3



#6



#2



#4



#5



#7



#8



#9

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This drawstring handbag is available at Winners for \$39.99.

**#4 For a good cause**  
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Rethink Breast Cancer Fashion Targets Breast Cancer T-shirt, \$12.

**#5 Summer fashion**  
Visit: gapcanada.com  
Strapless cotton bauble dress in coral by Gap, \$74.50.



#10

**#6 Bright and cheery**  
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This colourful apron is available for \$7.99 at HomeSense.

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This week Smart Set introduced a limited edition runway-inspired collection in stores across Canada. The Runway Your Way capsule showcases 10 items — including exotic print dresses, flared skirts and bare shoulder shirts — ranging from \$25 to \$55. **METRO NEWS SERVICES**

# Style



## A desktop with flair

Make every memo fashionable with Limited Edition Designer Post-it Dispensers. Each comes with one double-sided interchangeable insert created by a Canadian fashion icon: Brian Bailey, Marie Saint Pierre or Wayne Clark. Available for \$20 at major Canadian retailers including Staples. Inserts are available separately and fit existing designer dispensers. For each dispenser sold, \$1 benefits the Canadian Breast Cancer Foundation.

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Made in the shade

Canadian designers Dsquared2 launch new '70s-inspired eyewear line

DENISE SURETTE  
for Metro Canada



With winter well behind us, now is a good time to start thinking about sunglasses for strolling around town, lounging on a patio or hitting the beach.

Willowdale, Ont.-born designers and identical twins

Dean and Dan Caten, creators of Dsquared2 — a high-end men's and women's clothing line out of Milan — have just introduced eyewear to their collection.

A year in the making, Dsquared2 has teamed up with prestigious Italian eyewear manufacturer Marcolin to present the world with



a 1970s hip-hop-inspired collection of sunglasses and frames. Marcolin also manufactures eyewear for Tom Ford, John

Dsquared2's new eyewear line includes the DQ9 model for men (pictured).

Galliano Eyewear and Miss Sixty Glasses.

Dsquared2 will have its eyewear ready for Canadians to purchase from Holt Renfrew as of this month.

The men's designs are metallic and gold-square shapes, while the women's glasses are large and rounded with a cat-eye glare.

Dan Caten, one half of the Dsquared2 design team, said the inspiration for the eyewear collection came naturally to them because it was a great era for design.

"We always go with what we're into," said Caten.



Dean and Dan Caten, the identical twins behind the Dsquared2 brand, just launched a new '70s-inspired eyewear collection.

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Lisa  
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# A star turning

Jill Hennessy enjoys the Lymelife in her first silver-screen breakout role

By LAURA DECARUFEL  
Senior Editor

Wearing ripped jeans and an Indigo Girls T-shirt, Jill Hennessy used to sit outside Toronto's Bathurst subway station with her guitar and a honey jar half-filled with loose change. "I did a lot of Tracy Chap-

man, Bob Dylan and Bruce Springsteen," she remembers with a laugh. "I didn't think that acting was going to pan out, to be honest. I'd think 'Who's gonna hire me?'"

Twenty years later, the answer is as clear as the steely-eyed gaze Hennessy adopted to such effect in her most popular TV roles: Claire Kincaid, the assistant DA, on *Law & Order*, and Dr. Jordan Cavanaugh, a medical examiner with a talent for crime-solving, on *Crossing Jordan*.

Hennessy's latest star turn is in *Lymelife*, a movie about adultery, teenage angst and (yes) Lyme disease set in 1970s Long Island. Helmed by first-time director Derick Martini, it boasts an A-list pedigree: actors Alec Baldwin, Cynthia Nixon, Timothy Hutton, Emma Roberts and Kieran and Rory Culkin and executive producer Martin Scorsese.

"It was a huge responsibility and also a joy," she says of her role as the family matriarch. "Kieran and Rory [who play her sons] remind me of my family—I felt like I'd known them for ages." Her husband is played by Alec Baldwin, whom Hennessy calls "one of the funniest people alive."

Read more in the May issue of ELLE Canada!



## SEXY NATURAL

High heeling mixes leather, wood and cork



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Pleather (\$60, at Spring)

Leather, Miss Sixty (\$259, info@sixtycanada.com)



### Editors' Pick

#### CRIMSON TIDE

A lipstick touch-up feels like a covert op with Rouge G de Guerlain. Designed by jeweller Lorenz Bäumer — whom Louis Vuitton also tapped to create baubles for its fall 2009 collection — the sleek *objet* hides a mirrored compact, and the formula boasts ruby powder and wild mango butter for amped-up shine and hydration.



Guerlain Rouge G de Guerlain in Grenade (\$48)

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# Reynolds' Deadpool going solo

Ryan Reynolds will soon have the entire screen to himself to show off those biceps. His Deadpool character from X-Men Origins: Wolverine is being developed for a spin-off star vehicle, trade papers report. **PEOPLE.COM**



# Stellar popcorn enterprise

## Star Trek

**Director:** J.J. Abrams  
**Stars:** Chris Pine, Zachary Quinto  
**Classification:** PG  
**Rating:** ⓈⓈⓈⓈ

**NED EHRBAR**  
Metro World News

After last week's dour X-Men Origins: Wolverine, the summer movie season really gets going with the bombastic reboot of Star Trek. Director J.J. Abrams has taken a franchise that's spawned 10 feature films (and one inspired parody, Galaxy Quest) and made it new again.

In what could easily have been Star Trek: The College Years, the film brings together the crew of the USS Enterprise for their maiden voyage to do battle with a black hole-building Romulan with a chip on his shoulder (Eric Bana, with Mike Tyson-like face tattoos).

In the midst of the crisis, the filmmakers reinvigorate well-worn heroes Kirk



Chris Pine, right, and Zachary Quinto star as Kirk and Spock in the rebooted version of Star Trek, in theatres today.

## On the web

For Star Trek photos, a trailer and screen times, visit [metronews.ca/movies](http://metronews.ca/movies).

young crewmembers that keep the picture humming.

It helps that Kirk and Spock spend much of the movie barely tolerating each other, something that makes sense given their temperaments.

And it makes the development of their famous friendship that much more interesting.

But Karl Urban delightfully steals all of his scenes as medical officer (Bones) McCoy, and not just because he gets all the classic lines.

(Chris Pine) and Spock (Zachary Quinto) by sprinkling on liberal amounts of daddy issues — the same that make up much of the personal drama on Abrams and producer Damon Lindelof's Lost.

But clever plotting aside, it's the interactions of the

## Star Trek Thursday screen times

- Bayers Lake: 7-7:15-9:35-10:05; Imax: 7-9:50
  - Park Lane: 7-10
  - Lower Sackville: 7-9:45
  - Dartmouth Crossing: 7-7:20-10:15-10:30
  - Truro: 7-9:40
  - Bridgewater: 7-9:50
- Times are subject to change. Complete listings are also available at [metronews.ca/movies](http://metronews.ca/movies)

There are some missteps, to be sure, like the bizarre stunt-casting of Tyler Perry as the head of Starfleet or the decision to give Simon Pegg's Scotty an adorable, pint-size alien sidekick (something out of George Lucas' playbook).

But they're not nearly enough to sink an otherwise stellar popcorn movie.

After recent downers like The Dark Knight and Watchmen, it's refreshing to see a big-budget expression of giddy adventure.

## Vatican weighs in on Angels & Demons film

**MEDIA** The success of books and films like The Da Vinci Code and Angels & Demons should make the Catholic Church rethink the way it uses the media to present itself, the Vatican newspaper said yesterday.

The newspaper, L'Osservatore Romano, ran two editorials on last Monday's premiere of Angels & Demons in Rome, ending an official institutional silence on the film. The editorials neither panned nor praised the film but rather offered up a mix of positive and negative comments.

One of the editorials called the film "ephemeral" but also conceded that it was "gripping" and called the camera work "splendid."

REUTERS

## Kenya'sStyle

**Kenya Hunt**

Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/7/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty (N)	Grey's Anatomy (N)		Michael J. Fox
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Old Christine	Old Christine	America's Next Top Model		Michael J. Fox
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	22 Minutes	Laughs	NHL Hockey: Western Conference Semifinal Game 4 - Canucks at Blackhawks			
	2	2	2	CBC-F	Urgences (SC)		Des saquelettes	Gars file	Perdus Le Mensonge (SC)	Les Galas 2007 du Festival	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.	CSI: Crime Scn	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Dépenses xtr	Histoires-filles	Dr. House (HDTV) (SC)	Destination Nor'Ouest (SC)	TVA 22 heures	
	6	6	6	CHIF	Entertainment	ET Canada	Harper's Island (N)	Survivor: Tocantins (N)	The Office (N)	Kink in Hair	News (N)	
	9	9	9	CJCH	etalk	Hollywood	CSI: Crime Scene Invstgtn.	Southland "Two Gangs"	Grey's Anatomy (N)	Kink in Hair	News (N)	
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)	Hell's Kitchen (PA) (N)	Fox First	
news	12	12	12	NBC	News (N)	NBC News	Extra (N)	Extra (N)	The Office (N)	30 Rock	Southland (N)	
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	National	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old	MI-5
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old	Michigan	MI-5
	68	68	68	TQS	Rire et délire	Chemin du golf	Loft Story	Un monde bête	La Demoiselle d'honneur (2006, Suspense)	Linda Purl (SC)	110 pour cent	
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitz		Lou Dobbs Tonight	Campbell Brown: No Bias	Campbell Brown: No Bias	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	PGA Tour Golf		Live From the Players Championship (HDTV) (Live)	PGA Tour Golf: The Players Championship				
	52	52	52	RSE	Hockey Central	Sportsnet Con.	MLB Baseball Cleveland Indians at Boston Red Sox. From Fenway Park in Boston.	MLB Baseball				
	55	55	55	SCOR	(6) HSR		Canadian Poker Tour	NBA Basketball Teams to Be Announced. (Live)				
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)	Bullrun (HDTV)	Wrecked	
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey	Hockey 2009 IIHF World Championship Quarterfinal -- Teams TBA.			SportsCentre	
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Beetlejuice *** (1988)	Need's School
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life "The Circus"	Big Comfy
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)			
	70	70	70	APTN	News (N)		Warriors: TKO	Wapos Bay	By the Rapids	renegadeexpress	A Family Thing *** (1996, Drama)	The First 48
	50	50	50	BET	106 & Park: BET's Top 10 Live	"Top 10 Countdown"			3 Strikes * (2000, Comedy)	Brian Hooks, Faizon Love.		
	37	37	37	BRVO	Street Legal		Storytellers	Snapshot	Bathroom Divas-Opera Star	These Girls ** (2005, Comedy)		
family	25	25	25	CMT	Karaoke Star Junior		Shaye: This Is It		Home Improve.	Home Improve.	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Comer Gas	The Simpsons	South Park	VIP
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos	Body-Evidence	Dumb Criminal	Navy SEALs	Police Videos	MythBusters
	38	38	38	DISC	How It's Made	How It's Made	House Hunters	Property Virgin	How William Shatner Changed the World	Disaster DIY	Big Amazing	House Hunters
	34	34	34	HGTV	Holmes on Homes		NCIS "Judgment Day"	Ancient Discoveries	Technical Diff.	Technical Diff.	Go Deep "Beauffers"	NCIS
	46	46	46	HIST	Go Deep "Beauffers"		One Tree Hill	Technical Diff.	Technical Diff.	Technical Diff.	Daddy's Girls	Degrassi: TNG
	17	17	17	MTV	Daddy's Girls	Degrassi: TNG	The Daily Fix				Cher: The Farewell Tour	Entourage
	19	19	19	MMM	mm2010.ca		(8:15) Boy A *** (2007, Drama)	Andrew Garfield.			Surfer, Dude * (2008, Comedy)	
	201	201	201	M1	Even Money *		Bounty Hunter	Bounty Hunter	Departures	Mantracker	Bounty Hunter	
	48	48	48	OLN	The Amazing Race		House-Payne	House-Payne	Friends	Friends	Friends	After-Sunset
cable variety	51	51	51	PEACH	Seinfeld	Friends	Blue *** (1988, Western)	Terence Stamp, Joanna Pettet.	Grands reportages (SC)	Le Téléjournal (SC)	RDJ en direct	Star Trek Gen
	206	206	206	PIX	(6) Stealing Beauty		24 Hours en 60 minutes	Love-Death	Love-Death	Trailer Park	Trailer Park	Star Trek Gen
	67	67	67	RDJ	RDJ en direct	RDJ en direct	The Outer Limits	Star Trek Movies 6-10	X-Weighted "Jannette"	X-Weighted	X-Weighted	
	39	39	39	SHOW	Wife Swap		Star Trek Movies 6-10	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)		
	40	40	40	SLICE	The Mom Show		Star Trek Movies 6-10	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)		
	47	47	47	SPACE	Stargate SG-1		Star Trek Movies 6-10	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)		
	14	14	14	SPIKE	CSI: NY (HDTV)		Star Trek Movies 6-10	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)		
	97	97	97	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	American Idol Extra (N)	Tonight Show	
	21	21	21	TLC	What Not to Wear		Overhaul'n (HDTV)	American Chopper	American Chopper (N)	Seinfeld	Raymond	Family Guy
	56	56	56	34	TROP	What Happen?	Vanity Insanity	Inside Hollywood				

## critics'corner

### Michael J. Fox: Adventures of an Incurable Optimist

Four-time Emmy winner Michael J. Fox had every reason to become bitter and pessimistic after his career was derailed by Parkinson's disease, but instead he has channeled his energy into being an activist for optimism. In this upbeat one-hour special, the actor travels the globe to talk to people, both famous and not, about the enduring strength of hope. 11:02 PM on ABC ASN



**Bones**  
Things get animated when Brennan (Emily Deschanel) stuns Booth (David Boreanaz) by asking him to be the father of her child, dredging up many unresolved issues between the two. That stress, coupled with an undiagnosed health issue, causes Booth to hallucinate a visit from "Family Guy" tot Steve Griffin in the new episode "The Critic in the Cabernet." 9 PM on FOX

### Da Kink in My Hair

It happens in every relationship: Eventually we learn something unpleasant about the other person. If it's minor — he snores, she leaves her undies hanging on the shower rod — it's fixable. Unfortunately, it's not always so minor. Ask Starr (Ngozi Paul), who is questioning her future with Julian after he makes a homophobic comment. 10:30 PM on CIHF

Weekdays @ 10:30

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Pussycat Dolls - Jai Ho

Jesse McCartney - How Do You Sleep?

Keri Hilson Ft Kanye West & Ne-Yo - Knock You Down

Black Eyed Peas - Boom Boom Pow

Jamie Foxx Ft T-Pain - Blame It

3OH!3 - Don't Trust Me

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Paula Abdul, who recently denied ever taking prescription painkillers on ABC's *Nightline*, opens up about her past drug use to *Ladies' Home Journal*. "I could have killed myself," the *American Idol* judge says about the extent of her painkiller abuse. **METRO WORLD NEWS**

## Celebrity Buzz

### Lindsay's bad influence on Ali

**SISTER, SISTER** Lindsay Lohan has been flirting dangerously with her past partying ways since her split from Samantha Ronson, and now it looks like she might be taking her sister, Ali Lohan, down with her.

Lindsay has reportedly been bringing Ali with her to parties around L.A., including a recent bash at the Roosevelt Hotel, where Lindsay was wary of photographers.

"Lindsay was definitely in party mode, but didn't want anyone seeing her drink," a source tells *Page Six*. Lindsay also recently brought 15-year-old Ali to 21-and-over club

MyHouse, where the manager had to ask her to leave twice before she was escorted out.



METRO WORLD NEWS

### Megan's type: older, not pretty

**NO YOUNG'UNS** Megan Fox goes for older men — and young stars such as Robert Pattinson and Zac Efron do nothing for her.

"They're just too pretty, with the big hair and the suits. And Rob is, what, 22? Zac is 21? That's a joke," she tells *Elle*. "Boys in their 20s are a waste of time. They have nothing to offer conversationally. They're immature. I feel like I have a better shot with someone in his 30s."



METRO WORLD NEWS

## Give me the kid, or else?

**EXACTING REVENGE?** Celebrity status may not let Madonna bag herself a new child, but she's launching a campaign to help single mothers adopt children from foreign countries, femalefirst.co.uk reports.

The website adds it seemed a "little bit threatening" when Madge said she'll only launch the campaign if Malawi officials block her bid to take home three-year-old Mercy James.

The pop star tried to adopt Mercy last month but her bid was turned

down on the grounds that prospective parents have to be residents for 18 to 24 months prior to adoption.

Madonna, who previously adopted son David from Malawi in 2006, appealed the ruling and now her lawyers are preparing to fight for

their client's right to adopt in the African nation.

A source tells *The Sun* newspaper, "If she fails on the grounds of her divorce she will be absolutely livid. She is already talking about starting a campaign for single moms to be allowed to adopt the world over."

METRO NEWS SERVICES



## Do as I say, not as I do: Palin

**SET AN EXAMPLE** Bristol Palin promoted sexual abstinence for her fellow teens in appearances Wednesday on ABC's *Good Morning America* and NBC's *Today* — prompting interviewers to question how she can preach something she obviously didn't practice, people.com reports.

While declining to discuss what methods of birth control she might have used, Palin, 18,

told ABC's Christopher Cuomo, "Regardless of what I did personally, I just think that abstinence is the only ... 100 per cent foolproof way to prevent pregnancy." She also acknowledged that abstinence is "difficult."

To NBC's Matt Lauer, who asked what message she was sending teens by talking about not having babies while she was holding her

sleeping son, Tripp, in her arms, Palin said, "I'm just here trying to tell teens this is a really hard job."

The TV appearances were keyed to Palin's new role as the Candie's Foundation's teen ambassador for a campaign to raise awareness about the consequences of teen pregnancy.

When asked about claims her family would not allow Palin's former fiancé and father of her child, Levi Johnston, to be alone with his son, Palin shied away from talking about her "personal life" but did say, "I'd love Levi to be part of [Tripp's] life."

METRO NEWS SERVICES



## Sherlock Holmes no prim Englishman

**CREATIVE LICENSE** Jude Law thinks filthy language, homoerotic overtones and bare-knuckle fighting are "quintessential parts" of Sherlock Holmes, femalefirst.co.uk reports.

The 36-year-old actor — who plays Holmes' faithful sidekick Dr. Watson in Guy Ritchie's new adaptation of the classic detec-

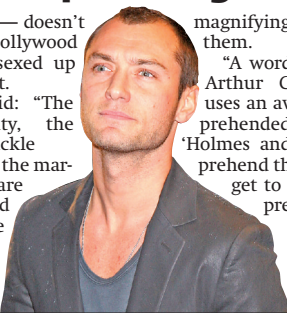
tive tale — doesn't think Hollywood writers sexed up the script.

He said: "The physicality, the bare-knuckle fighting, the martial arts are all hinted at in the books. We just hold a

magnifying glass over them.

"A word that author Arthur Conan Doyle uses an awful lot is apprehended. As in, 'Holmes and Watson apprehend the villain.' We get to show the apprehension."

METRO NEWS SERVICES



## Volturi hit Vancouver

**FAN-DEMONIUM** Look out, trouble is in town. The Volturi (a vampire clan in the book) cast of *New Moon* has swooped into Vancouver to start shooting scenes in the highly anticipated *Twilight* sequel, people.com reports.

Dakota Fanning, who is set to play Jane, a sinister vampire with an angelic exterior, arrived Tuesday. Immediately thrust into the fan-demonium, she happily signed photos and posed for pictures outside her

hotel before doing some sightseeing and grabbing a bite to eat.

Michael Sheen (Aro) and Jamie Campbell-Bower (Caius) arrived a couple hours earlier, and the evil immortals had costume fittings all day.

In Vancouver to film their interior scenes — they'll be shooting exteriors in Italy later this month — the trio are staying at the same hotel as co-star Kristen Stewart and Selena Gomez, who is there shooting *Beezus and Ramona*.

METRO NEWS SERVICES



## Kiefer gets rowdy

**BAD BEHAVIOUR** Kiefer Sutherland rose to Brooke Shields' defence Tuesday morning in downtown Manhattan — though she didn't particularly request it, and the interloper allegedly suffered a broken nose from the 24 star, according to reports.

New York's *Daily News* reports that Proenza Schouler womenswear designer Jack McCollough — a friend of Shields' — interrupted her and Sutherland while they were speaking outside the SoHo nightclub Sub-Mercer at 2 a.m. An agitated Sutherland then allegedly head-butted McCollough after the two men exchanged words.

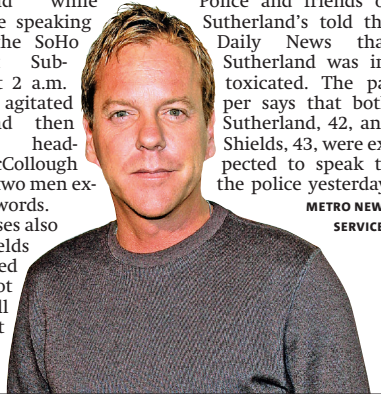
Witnesses also say Shields was shoved but not hurt. All were out following the Met's

Costume Institute Gala. A rep for Shields said, "Nothing happened to her ... Jack did nothing inappropriate. It's not clear what caused Kiefer to do what he did," the rep told *tmz.com*.

McCollough told authorities that Sutherland "was drunk and obnoxious and wouldn't back down or be logical," and that the actor "pulled this stupid wrestling move like a teenager" before the headbutt.

Police and friends of Sutherland's told the *Daily News* that Sutherland was intoxicated. The paper says that both Sutherland, 42, and Shields, 43, were expected to speak to the police yesterday.

METRO NEWS SERVICES



## Fiddy is Gossip Girl's No. 1 fan?

**CELEBRITY FAN** 50 Cent watched *Gossip Girl* to prepare for his new movie role, femalefirst.co.uk reports.

The rapper — real name Curtis Jackson — tuned into several episodes of the teen drama because he is set to appear with its star Chace Crawford in forthcoming movie *Twelve*.

He said: "I got a chance to see it. It's cool

just to be in the presence of talented artists."

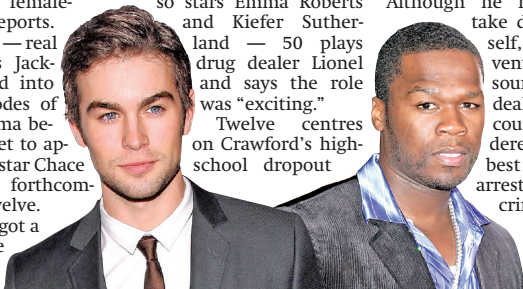
In the movie — which also stars Emma Roberts and Kiefer Sutherland — 50 plays name drug dealer Lionel and says the role was "exciting."

Twelve centres on Crawford's high-school dropout

character White Mike, who deals drugs to wealthy youngsters in Manhattan. Although he refuses to take drugs himself,

Mike's venture turns sour when his dealer's cousin is murdered and his best friend is arrested for the crime.

METRO NEWS SERVICES



## Victoria hits back with own lawsuit

**SHE SAID, SHE SAID** Victoria Principal is countersuing her former housekeeper who accused the actress of pointing a gun at her, femalefirst.co.uk reports.

Maribel Banegas claims the Dallas star fired her on Dec. 26 and threatened to shoot her after she allegedly took too long to walk her pet dog Mei-Ling.

In court documents filed on Monday, Banegas alleges the actress "pointed and aimed" the gun at her and "verbally threatened

to kill" her when she asked for wages, reports *tmz.com*.

Banegas claims assault, false imprisonment and emotional distress and is calling for unspecified damages. And

now Principal is fighting back with her own lawsuit filed against the worker, claiming Banegas was a temporary employee who was fired after damaging the backdoor in Principal's home, injuring her dog and demanding money from the actress.

Principal is suing for unspecified damages.

METRO NEWS SERVICES

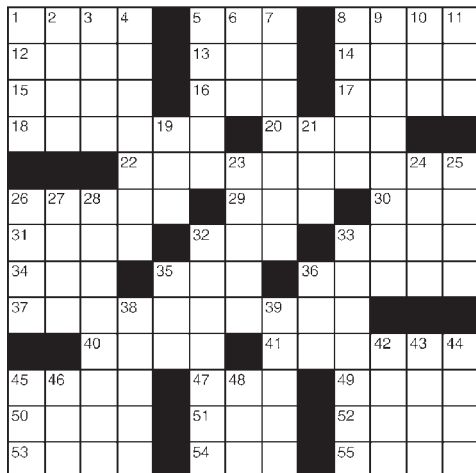






For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### Crossword across

- 1 Dogfight participants
- 5 Energy
- 8 In the neighborhood
- 12 Ancient mariner
- 13 Courtroom pseudonym
- 14 Wheelbase terminus
- 15 Houston acronym
- 16 Joined at the hip
- 17 Couple, in a gossip column
- 18 Crowd scene actors
- 20 Sport
- 22 Pseudo-claimants to the throne
- 26 Diamond side
- 29 Scarlet
- 30 Wrestling surface
- 31 Black, to Browning?
- 32 Gravy, on a French menu
- 33 Challenge
- 34 Announcer Pardo
- 35 Payable
- 36 Tend the turkey
- 37 Larry King trademark
- 40 Sty cry
- 41 Inventor's insurance
- 45 Walk unevenly
- 47 Id counterpart
- 49 Largest of the seven
- 50 Wile E.'s supplier
- 51 Wage earner's burden
- 52 Poolroom prop
- 53 Honey bunch?
- 54 Bond, for one
- 55 Fist (SL)

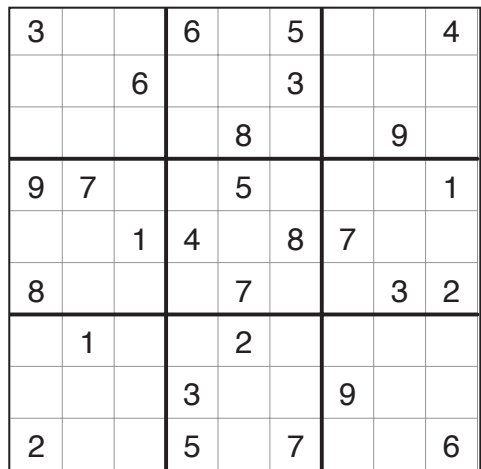
### Crossword down

- 1 Hathaway or Heche
- 2 Wheedle
- 3 Right on the map?
- 4 Hone
- 5 Everyday writing
- 6 A billion years
- 7 Diminutive ones
- 8 Water nymph
- 9 Maximums
- 10 Pub order
- 11 Sleep phenom
- 19 Illustrations
- 21 Remnant
- 23 Aligned
- 24 Huck's transport
- 25 Eyelid woe
- 26 Govt. workers
- 27 "— ben Adhem"
- 28 Clear soup
- 32 Politicos' trips
- 33 Treacherous one
- 35 Lair
- 36 Support of a sort
- 38 They're calling Danny Boy
- 39 Strong adhesive
- 42 Birthright barterer
- 43 Shaving mishap
- 44 Snatch
- 45 Retriever type
- 46 Lemieux millieu
- 48 Diastema

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	7	9	5	4	8	6	3	2
3	2	8	6	1	7	5	4	9
5	4	6	9	3	2	7	8	1
9	5	7	8	6	3	1	2	4
4	8	2	7	9	1	3	6	5
6	3	1	2	5	4	9	7	8
7	9	3	4	2	5	8	1	6
2	1	5	3	8	6	4	9	7
8	6	4	1	7	9	2	5	3

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

### SUDOKU SOLVE TIME:

- Under 13 min .....Genius  
13-17 min .....Scholar  
17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

### Metro Recipe of the Day



### Bulgur Salad

#### INGREDIENTS:

- 3/4 cup (175 ml) bulgur
- 2 large tomatoes
- 1/2 cucumber, peeled and coarsely grated
- 1 carrot, peeled and grated
- 2 tbsp (25 ml) finely chopped fresh flat-leaf parsley
- 10 fresh mint leaves, chopped
- 1 tbsp (15 ml) lemon juice
- sprig of fresh mint to garnish

#### DRESSING:

- 1/3 cup olive oil
- 1 1/2 tbsp (20 ml) wine vinegar
- 1 garlic clove, crushed
- salt and freshly ground black pepper

#### METHOD:

1. Tip bulgur into heatproof bowl, pour in 1 1/4 cups (300 ml) boiling water, cover and leave soak 20 minutes, or until most of water is absorbed. Tip into sieve to drain off excess water.
2. Scald the tomatoes in a

bowl of boiling water, 30 seconds. Drain, then refresh under cold running water. Peel off skins, then scoop out seeds and dice flesh. 3. Mix tomato flesh with cucumber and carrot. Rub bulgur between fingers to separate grains, add to vegetables with herbs and toss. Sprinkle with lemon juice. 4. For dressing, put oil, vinegar, garlic and seasoning into jar and shake well. Pour dressing over the salad and toss gently. Cover with plastic wrap and chill 3 hours before serving. Garnish with sprig of fresh mint.

**SERVES 4 AS A LIGHT MEAL**



## Horoscopes

### ARIES

MARCH 21-APRIL 20

A delayed message will startle you. Don't explode at the slightest provocation. A traveler tells a secret about the blues.

### LIBRA

SEPT 23-OCT 23

Stop thinking about obeying outrageous demands. Hold your tongue to please a finicky person. A magical man is too honest.

### TAURUS

APRIL 21-MAY 21

An announcement will be noted. Fly into action guided by your intuition. A lover is hungering for good-natured adventures.

### SCORPIO

OCT 24-NOV 22

A creative person is awkward before a discussion. Give credit to a meek man. A vengeful individual has to save someone.

### GEMINI

MAY 22-JUNE 21

Someone will rule with a velvet fist. A friend behaves in an abnormal manner. Call a cheerful woman for peace of mind.

### SAGITTARIUS

NOV 23-DEC 21

Find some understanding from a laid-back friend. Run the risk of being seen paying attention. A job should be finished by now.

### CANCER

JUNE 22-JULY 22

People want you to get with the program. You'll be forced to make a choice. A strong conviction determines what is really important.

### CAPRICORN

DEC 22-JAN 20

Messy stairs inspire someone to take a tumble. A significant injury has been concealed. A cynical person is moving ahead in love.

### LEO

JULY 23-AUG 23

Be ready to concede when tension breaks out. Guard against seasonal ailments. A newcomer's breakthrough saves you from a dull job.

### AQUARIUS

JAN 21-FEB 18

Mental activity will increase your fun. Changes are opportunities for a new way of life. Someone needs time alone to plan some hanky-panky.

### VIRGO

AUG 24-SEPT 22

Don't tell a grouch any confidential stories. You'll be teased about a change of plans. Banal moments will put you in an awkward position.

### PISCES

FEB 19-MARCH 20

Don't lift anything heavy without help. An associate may not be trustworthy. A good person makes an exciting move.

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**WORDY GURDY** <sup>(6)</sup>

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE) and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Actor Bridges' schnoz (1)
2. Mjestic high school music group (1)
3. Astronaut John's eye or camera part (1)
4. Playful sprite in the South (2)
5. Ill will on an oil-carrying ship (2)
6. Round Table members' claims to property (1)
7. Horrifying duo (2)

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SHOSOWE SHOSOWE 'Z SHOTHE REHIN 'B NOYHON REHINVA 'S  
SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E  
SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E SHIN SHIN 'E

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stk# 9PA9701

## 2009 Jeep Patriot North

air conditioning, 17" aluminum wheels + tires, tilt steering wheel, supplemental side air bags, 60/40 split folding rear seat, 40 mpg

**\$159**

PURCHASE FOR JUST

BI-WEEKLY – INCLUDES FREIGHT, TAXES, FEES &

**LIMITED  
AVAILABILITY  
LIMITED TIME  
OFFER!**



stk# 9CA2320

## 2009 Dodge Caliber SXT

air conditioning, power windows, power locks with keyless entry, cruise control, 17" wheels with anti-lock front brakes, 60/40 split / fold rear seat, 42 mpg

**\$149**

PURCHASE FOR JUST

BI-WEEKLY – INCLUDES FREIGHT, TAXES, FEES &

**CHRYSLER  
BUY WITH  
CONFIDENCE  
GUARANTEE**

**DARTMOUTH**  
**CHRYSLER JEEP DODGE**  
*Where Nova Scotia Comes to Save!*

Disclaimer – payments inc tax, freight, admin fee, based on 84 month finance OAC and to receive special rate you must finance at Dartmouth Dodge.